



## Ichinosaka Gawa Stream



Hi, Friends!

It's a big joy that we are here again, all in good health. **Nishimura Kun** is absent, but I fully expect we'll be able to see him again next October.

On August 18 last year, despite a threatening typhoon, **Nishino San** and **Iwata San** have offered us a charming scheme. We enjoyed seeing the memorial **coal mine of Ube Seabed** and a **rich botanical garden**. The memorials look almost to the life and make us notice how powerful human energy is. We shall never forget it. We are so much obliged to **both ladies**.

Late in July **Matsuo Kun** sent me a summer greeting card asking me to give an opening speech in English here today. **Ogata Kun** ordered me in **his New Year's card and months later on the phone** that I speak English here today. I accepted it honorable but I can't possibly answer the expectation, and even if my speech ruins the happy atmosphere of the meeting, it's not altogether due to my poor English.

I heartily congratulate **Arai Kun** on his realization of cherished desire to stroll in the old part of **Yamaguchi City**. *Luckily the rain has stopped. It's ascribed to our daily good behaviors.* The old street, the atmosphere of the houses **Gawa'** street and its refined, historic to be worth visiting again and again.  on either side of the '**Ichino Saka** stream; all these are so dear to us as It's repeater is our duty to do at least once a year.

We notice scenic changes here and there. Especially **the increase of tree-lined streets is remarkable**. The construction or widening of a road often changes a townscape completely and often makes us lose our way. But strangely, owing to the mixture of changed and unchanged parts, **Yamaguchi City** looks all the more pleasant to us.

The sightseeing of **the Saikotei**, a traditional Japanese style restaurant with a history, is unforgettable experience. The exhibition of 23 frame works of calligraphy by famous statesmen and historical figures of **Yamaguchi, or Choshu** is the flower of the museum. I will surely revisit there with someone. This city is the stage of our prime youth. As a student, we were full of energy, dreams and expectations, especially from our family. In this respect **Yamaguchi City** is our precious refrigerator. Its content is always fresh and inexhaustible. But I think we have to bear it in mind that the retrospection won't be fruitful until it plays a major role in our living through future, that is, our living the rest of life actively and fully. To give an \*example, it means that we **lead a life with more desires and less fears in mind**. So it's desirable that our reunion be ranked as playing such a big role.

O Friends! our respectful visit to the grave of **Professor Iwao Mizuta** is a little proof of his memory living on. Mercifully being **a thousand winds**, he must have seen us standing at his grave. What he was and what he told us years ago have come clearly to mind. They're sure to lead us in happier directions, and here we have a new understanding of how much we owe to him. For today's program we are deeply thankful to our members living in **Yamaguchi City**.

Finally I got to the last paragraph. Lately what touched me greatly is the statement made by a senior high school girl student. It is against the government's decision to drop, or remove from high

school history textbooks, the mention of **the military's role in the civilian mass suicides in the**



**1945 Battle of Okinawa.** When I was very young, I shed tears on seeing the film, '**Himeyuri Monument.**' Reading her statement of protest in the newspaper, I was much moved to tears. Then, I imagined **the souls of 'Himeyuri' girls have revived in the figure of the girl student after 62 years' absence.** Her name is **Natsumi Teruya**, a third year student of Yomitani High School in Okinawa. The Asahi favorably commented on it in its **Tensei Jingo.** I'll read the

concerned part in the Asahi's English-language press;

*"It may be a single sentence or even a word in a thick textbook. But it contains many precious lives that were lost,"* said **Natsumi Teruya**, a senior high school student. Her words are heartrending. (*Italics* are cited from Vox Populi Vox Dei Oct.3 2007)

Now, my speech is over. Thank you for your kind attention.

### <Notes and Additions>

- o '\*example' in my opening speech is revised from a sentence in **Francis Bacon's** essay;

"It is a miserable state of minde to have few things to feare;" I found the expression in OED's 'desire's

What follows this goes:

"and yet that commonly is the case of Kings who, of desire, which makes their minds more representations of perils and shadows, which makes their minds the less clear."



to desire and manie things cites.

being at the highest, want matter languishing; and have many

[want=lack    languishing=declining in health, pining away, drooping  
representations=images    shadows=phantoms ]

**\*Francis Bacon, 1st Viscount St. Alban,** (22 January 1561 – 9 April 1626) was an English philosopher, statesman, scientist, jurist, and author. He served both as Attorney General and Lord Chancellor of England. Although his political career ended in disgrace, he remained extremely influential through his works, especially as philosophical advocate and practitioner of the scientific method during the scientific revolution. (From Wikipedia, the free encyclopedia)

### ◇A piece of information on cancer prevention:

The main subject is the skin of an apple. I guess some of you know it well, but I give you information. According to a recent newspaper, the skin of apples, or apple peels contain the element which has both remedial and preventive effect against the cancers. They are of **large bowel, liver, and breast of woman.** It's uncertain whether the eating is effective or not, but I'm trying to eat little slices of an apple with its peels as one of desserts. They taste 'mosha-mosha', neither sweet nor bitter, and it takes time to chew it well. To my knowledge, the food's effect of treatment is very rare, so far as cancer is concerned.

Another is on soybean and coffee. [The epidemiological survey](#) shows us that soybean food, such as [miso-soup and tofu](#) have an effect of prevention of '**prostate cancer**'. But it is limited to a non-progressive one, the one which does not spread to other organs or blood or lymph, and the like. And the food has no curative effect on it.

I eat **miso-soup** three times a day and a eighth of **one block tofu** in the form of 'hiya- yakko' three

times a day even in midwinter. Two cups of coffee a day keeps liver cancer a little away from us, but not perfect, the survey says.



**Some vegetables** are said to have a preventive effect against cancer. Indeed the value of prevention is somewhat doubtful, but anything can be a good luck charm, if we are convinced that it can [イワシの頭も信心から]. I have long eaten vegetables every day. They are garlic, cabbages, broccolis and carrots. All of them are boiled in my miso-soup every morning.

The latest TV news said that **vitamin B6** in coffee is marvelously effective against large bowel cancer, **as long as he or she does not drink or smoke**. But it's said that **too much coffee does more harm than good**. It's probably best to enjoy three cups a day. If he drinks or smokes, he is advised to take **vitamin B6** by eating fishes and vegetables. They are **fatty flesh of tuna, sardine, garlic, etc.**

But we'll be wise to remember that, as for their effect on us, some or little, it's a matter of probability. There is nothing perfect in the world.

[spread to=metastasize 転移    epidemiological survey 疫学調査    prostate 前立腺]